



Eat Real Organic



What is Food Day?

Food Day seeks to bring together Americans to push for healthy, affordable food produced in a sustainable, humane way.

6 FOOD DAY PRINCIPLES

Reduce diet-related disease by promoting safe, healthy foods

Support sustainable farms & limit subsidies to big agribusiness

Expand access to food and alleviate hunger

Protect the environment & animals by reforming factory farms

Promote health by curbing junk-food marketing to kids

Support fair conditions for food and farm workers

Our Part in Food Day



The Health Education Center would like to contribute to your Food Day experience by raising awareness about the benefits of eating organic products to make a long-term commitment to have Food Day EVERYDAY!





Let's Eat Organic, UCI!



What is Organic?

- Organic produce is grown **without the use of pesticides**
- There are no synthetic fertilizers used to enhance growth
- Produce is not grown with the use of sewage sludge



What is Organic?

- Animals that produce organic meat, poultry, eggs and dairy products are **not given antibiotics or growth hormones**



Did You Know?



- When we do not eat organic, approximately **10 pounds of pesticides** build up in our bodies each year!
- The Environmental Working Group stated that you can **reduce your pesticide intake by 80%** by simply going organic!

Pesticides

- Pesticides are toxins that can harm humans and animals
- Pesticides are made to **kill things** --- namely: insects, plant pathogens, weeds and other living organisms that spread disease, cause harm or nuisance to plants and agricultural crops

Do you really want pesticides in your body??

“THE DIRTY DOZEN”

Foods with the Highest Pesticide Residue

1. Apples
2. Celery
3. Strawberries
4. Cherries
5. Pears
6. Peaches
7. Spinach
8. Nectarines
9. Grapes
10. Sweet Bell Peppers
11. Potatoes
12. Carrots



*Buy & eat
these
organic!*

Just Past the Dirty Dozen: More Foods with High Pesticide Residue



13. Blueberries
14. Lettuce
15. Collard Greens
16. Milk
17. Beef
18. Peanut Butter
19. Baby Food



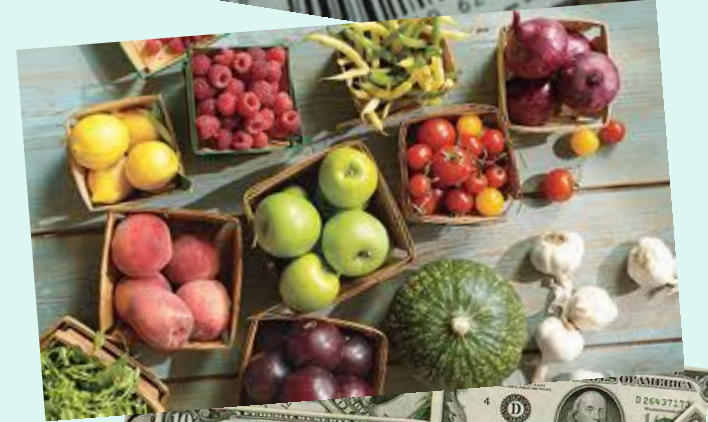
Foods with Lowest Pesticide Residue

1. Onions
2. Corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet peas
7. Mango
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potatoes
14. Grapefruit
15. Mushrooms

If your budget is tight, these foods should be lower on your priority list with regard to buying organic because they are already low in pesticide residue!

Tips for Eating Organic While Sticking to Your Budget

- Shop at farmer's markets
- Buy in bulk
- Shop for in-season produce
- Clip coupons
- Rethink that daily cup of coffee or fast food run to save on buying healthy, organic items



Going Organic is a Lifestyle Change!

- Small steps are okay!
- Don't overwhelm yourself
- Ease into the organic lifestyle by purchasing a little at a time
 - Start with the “Dirty Dozen”
 - Assess the cost and add more organic products to your grocery list

This information has been
compiled by:



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Located in
G319 Student Center

Resources about Organics

- Environmental Working Group (EWG) :: www.ewg.org
- FoodNews :: www.foodnews.org
- Sustainable Table :: www.sustainabletable.org
- The Daily Green :: www.thedailygreen.com
- WebMD :: www.webmd.com